

Shivalya Patanjali Meditation program

The daily practice of Yoga and meditation forms the core essence of Vedic philosophy and religion. The Bhagvad Gita has prescribed several different kinds of Yoga practices to experience the peace of bliss consciousness of divinity present within every individual.

Modern science has also confirmed several medical and social benefits of daily Yoga and Meditation practice.

Shivalya will conduct daily yoga-meditation sessions. These sessions will be based on principles of Ashtanga Yoga laid down by Maharishi Patanjali. The meditation will be mantra meditation based on Beej Mantras specifically determined for each individual based on Horoscope

The sessions will be held every day. The tentative timings are as follows:

Morning

Sunday to Friday: 7:00am to 7:30 am (you can participate remotely through Skype/Hangouts)

Saturday: 8:00am to 9:00am (Includes discussion session. Participation in person only)

The fee structure is as follows

Lifetime fee: \$200.00 (includes Dakshina for Mantra)

Monthly charges: \$30.00

Patrons interested may contact the front desk or speak with Shastriji.

Thank you,

Om Namah Shivalya

APPLICATION FOR ADMISSION INTO SHIVALYA PATANJALI MEDITATION
PROGRAM

I would like to participate in the Shivalya Patanjali Meditation program to attain my religious and spiritual aspirations. I am giving my details below.

Name	
Date of Birth	
Time of Birth	
Address	
Phone	
Email Id	

I have received full information regarding the nature and the content of the Shivalya Patanjali Meditation Program. I am aware of its impact on me. I also understand that this meditation program is being offered as an integral part of Vedic Religious tradition.

I undertake to participate in this activity with my free will and at my risk.

Please enroll me into the Shivalya Patanjali Meditation Program.

Name:

Date:

Place:

Please turn over